



Chef Charles Says...



April

Pick a Better... Ground Meat

Ground turkey is frequently suggested as a substitute for ground beef to lighten fat and calorie content in popular dishes such as burgers, chili and meatloaf. But ground turkey is not always the healthiest choice. Be careful, depending on what products you buy lean ground beef can be an equally healthy choice. Some packaged ground turkey includes white meat, dark meat, and skin, which increase the fat and calorie content. The chart illustrates the differences in the ground meats. Remember that higher fat ground meats can be lower in fat if you rinse the meat after you brown it. Either ground meat contains about 21 grams of protein in a three-ounce serving.

	Size	Calories	Fat (g)
85% lean ground turkey	3 ounces	173	13
80% lean ground beef	3 ounces	216	14
Ground turkey breast	3 ounces	90	1



Depending on the products you buy, lean ground beef can be a healthy choice.

Get The News

Quick Tips to Increase Protein with Healthy Food Choices

Mix it up. Most reasonable diets provide enough total protein throughout the day. The trick is to select foods so you will have 25-30

grams of protein in a meal. Following this guideline and participating in strength training will promote stronger muscles. The constant availability of protein helps to keep your muscles strong. Remember, breakfast is often short on protein.

Go low on fat. Low fat dairy foods, beans, fish, poultry and lean red meats provide plenty of protein, without much fat. Steer clear of fatty meats and use whole-milk dairy products sparingly.

Limit processed meat. Skip processed meats like bacon, hot dogs, and deli meats like bologna because sodium and high fat come

along with the protein.

Consider soy for protein. Tofu and other soy foods are excellent protein sources. Plan to include soy foods in your meals 2 to 4 times a week. Two ideas are included in this newsletter.

Pay attention to the protein package. You seldom eat protein alone. Select protein that is packaged with nutritious foods such as beans, nuts, and whole grains. Examples such as chili or hamburger with a whole grain bun come to mind. Choose the leanest cuts of meats and the skim or low-fat versions of dairy products.



Developed by:
Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa State University Extension, www.extension.iastate.edu
Iowa Department on Aging, www.state.ia.us/elderaffairs

Information & resources for seniors with home & family questions - ISU AnswerLine 1-800-262-3804

Chef Charles Asks the Questions

Meet Christa Hanson, Chef Charles Instructor

Christa Hanson is a very busy nutrition educator as she is responsible for 16 Chef Charles Clubs reaching over 550 participants in the Greater Des Moines area. Christa told Chef Charles that each site has its unique features. Some sites are large, while others may have as few as 10 participants. According to Christa, teaching Chef Charles allows her to learn and change her habits as well. When asked what she has personally learned, she shared that she owes Chef Charles her routine for strength training. When everyone received a stretch band as an incentive, Christa started following her own advice and keeps her stretch band by the television so she can exercise while watching the news or a favorite show.

Christa strongly believes that the older adults she teaches each month can and do learn new healthy behaviors. Participants share these success stories with her:

- ◆ Type II diabetics have shared that they have learned that reading the list of ingredients on a package is as important as reading the nutrition facts label. You can find the hidden sugar sources.
- ◆ One group was surprised that they needed to wash the outside of fruit before cutting off the outside on such items as cantaloupe. This ensures that they will not contaminate the fruit.
- ◆ A wide variety of people were inspired to use kitchen shears when they learned that using the wrong kitchen utensil could be dangerous. Think safety first.

Thanks to Christa's hard work, older adults in central Iowa are living healthier lives.



Resource

If you like the tofu or meatless crumbles and would like some more ideas to use them, check out the Soy Food Council at this site:

www.thesoyfoodscouncil.com

Be Active

Physical Activity Improves Endurance and Muscle Strength in Older Adults



It is no secret that older Americans benefit from physical activity including strength training. Study after study has shown that being physically active can benefit strength and endurance and in turn people experience better balance and mobility. This usually leads to a better quality of life. What makes you want to stay with a program? Most

people share that feeling safe and comfortable with a program is what makes them more likely to stay with it.

The most important aspect of any strength-training program is consistency. But how do you keep up the routine?

- ◆ Choose something you like to do. Make sure it suits you physically, too. For instance, water exercise is easier on arthritic joints.
- ◆ Get a partner. Exercising with a friend or relative can make it more fun.
- ◆ Vary your routine. You may be less likely to get bored or injured if you change your exercise routine. Walk one day. Bicycle the next. Consider activities like dancing and even chores like vacuuming or mowing the lawn.
- ◆ Choose a comfortable time of day. Don't work out too soon after eating or when it's too hot or cold outside. Wait until later in the day if you're too stiff in the morning.
- ◆ Don't get discouraged. It can take weeks or months before you notice some of the changes from exercise, such as weight loss or greater strength.
- ◆ Forget "no pain, no gain." While a little soreness is normal after you first start exercising, pain isn't. Take a break if you hurt or if you are injured.
- ◆ Make exercise fun. Read, listen to music or watch TV while riding a stationary bicycle, for example. Find fun things to do, like taking a walk through the zoo. Go dancing. Try going to the mall for a walk with friends and stop for a cup of coffee later.

Food Safety

Meatless protein crumbles made from soybeans are a good source of protein. One cup of soy crumbles provides 22 grams of protein. It is important to remember that you handle meat substitutes, like crumbles the same way you would any protein source with some differences.

- ◆ Check the *better if used before* date and discard if it has expired. While the “better if used by date is a quality assurance feature, it also means the product is not at its very best quality but is still good.
- ◆ The soy crumbles need to be kept frozen and thawed just before use. If they thaw and have no ice crystals left, discard. The instructions will always assume the crumbles are frozen.
- ◆ Make sure to place leftovers in the refrigerator immediately after the meal for safety.
- ◆ Manufacturers recommend not using the microwave for cooking because it is difficult to achieve a uniform temperature.
- ◆ Always make sure to cook the soy crumbles to an internal temperature of 160 degrees.



To lower the fat content of ground beef, after cooking, blot with paper towel. Transfer beef to a colander and pour hot water over to rinse off the fat. Let beef drain for five minutes before adding to chili or casseroles.

Answers

WTAER RCXEESSI
SEAFTY
IGLNYCBCI
TTSHEGRN NTINGAIR
CMROOFT
AWKLNIG
CDNINGA
AEDUNRNCE

WATER EXERCISES
SAFETY
BICYCLING
STRENGTH TRAINING
COMFORT
WALKING
DANCING
ENDURANCE

MAKE EXERCISE FUN!

R I N S I N G G R O U N D B E E F W I T H
22 4 24 26 4 24 12 12 22 2 3 24 23 20 13 13 19 5 4 8 15
H O T W A T E R A F T E R B R O W N I N G
15 2 8 5 21 8 13 22 21 19 8 13 22 20 22 2 5 24 4 24 12
W I L L H E L P L O W E R T H E F A T C O N T E N T
5 4 6 6 15 13 6 16 6 2 5 13 22 8 15 13 19 21 8 18 2 24 8 13 24 8

Strawberry Tofu Smoothie

- 4.5 ounces firm tofu
- 1 cup strawberries
- 1 ½ tablespoons sunflower seeds
- 1 ½ tablespoons honey
- ½ cup orange juice
- 1 tablespoon lemon juice

Roughly chop tofu; hull and roughly chop strawberries. Put all ingredients in a blender and blend until smooth. Pour in glass and sprinkle with extra seeds and strawberry chunks.

Makes two one-cup servings.

195 calories; 6g fat; 0mg cholesterol; 25mg sodium; 29g carbohydrate; 3g fiber; 9g protein; 377 mg potassium; 55 mcg folate



TACO SALAD WITH MEATLESS CRUMBLES

- 1 cup frozen meatless ground crumbles
- ¼ cup commercial salsa
- 3 cups torn lettuce
- ½ cup rinsed canned black beans
- ½ cup frozen corn, cooked
- 1/3 cup thin green pepper strips
- 1 tablespoon chopped cilantro (optional)
- 1 tablespoon lime juice

Cook crumbles and salsa in a skillet on medium heat for five minutes or 160 degrees. Stir while cooking. Place lettuce on two plates; top with crumbles mixture and remaining ingredients.

180 calories; 1 g fat; 31 g carbohydrates; 444 mg sodium; 9 g fiber; 775 mg potassium; 106 mcg folate

STRESS BALL STRENGTH EXERCISES

Your incentive this quarter is a bright orange stress ball. Stress balls are useful tools for hand strength. Try these exercises:

1. Crush it with the entire hand
2. Pinch it with the entire hand
3. Pinch it between the thumb and each finger
4. Roll it against a table with the hand flat
5. Using two hands, twist it like a jar lid. Twist in each direction
6. Using two hands, pull the ends of the ball away from each other



STAY STRONG!

Unscramble each word. Then use the marked letters to solve the second puzzle.

WTAER RCXEESSI

SEAFY



IGLNYCBCI

TTSHEGRN NTINGAIR

CMROOFT

AWKLNIG

CDNINGA

AEDUNRNCE

It is very important to be consistent with a strength-training program.

How can you keep up the routine?

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COOKING SMART!

Decode the message by finding each substitute letter.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
21	20	18	23	13	19	12	15	4	1	17	6	25	24	2	16	10	22	26	8	3	9	5	11	7	14

22 4 24 26 4 24 12 12 22 2 3 24 23 20 13 13 19 5 4 8 15

$$\overline{15\ 2\ 8} \quad \overline{5\ 21\ 8\ 13\ 22} \quad \overline{21\ 19\ 8\ 13\ 22} \quad \overline{20\ 22\ 2\ 5\ 24\ 4\ 24\ 12}$$
$$\overline{5\ 4\ 6\ 6} \quad \overline{15\ 13\ 6\ 16} \quad \overline{6\ 2\ 5\ 13\ 22} \quad \overline{8\ 15\ 13} \quad \overline{19\ 21\ 8} \quad \overline{18\ 2\ 24\ 8\ 13\ 24\ 8}$$


This material was funded by the Iowa Nutrition Network and USDA's Food Assistance Program. The Food Assistance Program provides nutrition assistance to people with low income. Food Assistance can help you buy nutritious foods for a better diet. To learn more about Iowa's Food Assistance Program, contact your local county Department of Human Services office. Call 2-1-1 to find out how to contact your local office. Information also can be found at www.yesfood.iowa.gov. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202)720-5964. USDA is an equal opportunity provider and employer.